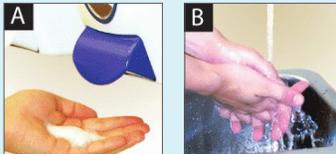


# Putting on (donning) Personal Protective Equipment (PPE)

## 1 Hand hygiene



- A. Using an alcohol-based hand rub is the preferred way to clean your hand. Rub for 20 seconds.
- B. If your hands are visibly soiled (look or feel dirty), soap and water must be used to wash your hands. Wash for at least 20 seconds.

## 2 Gown



- A. Fully cover torso from neck to knees, arms to end of wrist.
- B. Fasten/Tie at the back of neck and waist.

## 3a Procedure/surgical mask



- A. Secure the ties or elastic at middle of head and neck.
- B. Fit flexible band to nose bridge. Fit snugly to your face and below chin.

## 3b N95 respirator

There are different styles of N95 respirators (pictured below). They include:



A. Molded Cup



B. Duckbill



- A. Cup the N95 respirator in your hand.
- B. Position the N95 respirator under your chin with the nose piece up. Secure the elastic band around your head so the N95 respirator stays in place.
- C. Use both hands to mold the metal band of the N95 respirator around the bridge of your nose.
- D. Fit check the N95 respirator.

## 4 Goggles/faceshield



- A. Place over the eyes (or face).
- B. Adjust to fit.

## 5 Gloves



- A. Pull the cuffs of the gloves over the cuffs of the isolation gown – ensure that wrists are covered, and no skin is exposed.

# Taking off (doffing) Personal Protective Equipment (PPE)

## 1 Remove gown & gloves



**A.** Grasp gown in front and pull away from your body until the ties break, touching outside of gown only with gloved hands.



**B.** Fold or roll the gown inside out into a bundle, as you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands.

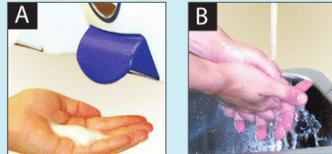


**C.** Place gown and gloves into the appropriate waste container.



**Outside of gloves, gown front and sleeves are contaminated - DO NOT TOUCH**

## 2 Hand hygiene



- A.** Using an alcohol-based hand rub is the preferred way to clean your hand. Rub for 20 seconds.
- B.** If your hands are visibly soiled (look or feel dirty), soap and water must be used to wash your hands. Wash for at least 20 seconds.

## 3 Remove eye protection

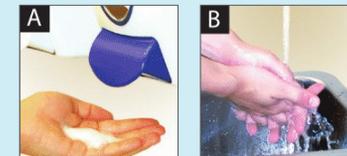


- A.** Handle only by headband or earpieces.
- B.** Carefully pull away from face.
- C.** Put reusable items in appropriate area for cleaning.
- D.** Put disposable items in the garbage.

## 4 Exit the room

- A.** Exit the room.
- B.** Close the door.

## 5 Hand hygiene



## 6 Remove mask/respirator



- A.** Bend forward slightly and carefully remove the mask from your face by touching only the ties or elastic bands.
- B.** Start with the bottom tie, then remove the top tie.
- C.** Throw the mask in the garbage.

**Front of mask is contaminated - DO NOT TOUCH**

## 7 Hand hygiene

